

Sunrise System® Dawn Simulator

the natural, stress free way to wake up



www.morningsunrise.com

SRS 150

WARNING

To reduce the risk of fire or electric shock, do not expose this appliance to rain or moisture

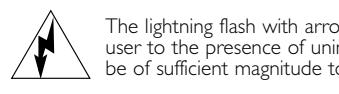
CAUTION*

Use of controls or adjustments or performance of procedures other than those specified may result in hazardous radiation exposure.

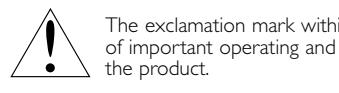


* A Caution Marking is located on the bottom of this appliance.

**CAUTION - TO REDUCE THE RISK OF ELECTRIC SHOCK,
DO NOT REMOVE COVER (OR BACK). NO USER-SERVICING
TAKE PRODUCT TO QUALIFIED SERVICE PERSONNEL**



The lightning flash with arrowhead symbol, within an equilateral triangle, is intended to alert the user to the presence of uninsulated 'dangerous voltage' within the product's enclosure that may be of sufficient magnitude to constitute a risk of electric shock.



The exclamation mark within an equilateral triangle is intended to alert the user to the presence of important operating and maintenance (servicing) instructions in the literature accompanying the product.

IMPORTANT SAFETY INSTRUCTIONS

1. Read these instructions.
2. Keep these instructions.
3. Heed all Warnings.
4. Follow all instructions.
5. Do not use this apparatus near water.
6. Clean only with a damp cloth.
7. Do not block any of the ventilation openings. Use in accordance with the manufacturers instructions.
8. Do not place near any heat sources such as radiators, heaters, stoves or other apparatus (including amplifiers) that produce heat.
9. Do not disregard the safety purpose of the polarized or grounding - type plug. A polarized plug has two blades with one wider than the other. A grounding type plug has two blades and a third grounding prong. The wide blade or the third prong is provided for your safety. If the provided plug does not fit into your outlet, consult an electrician for replacement of the obsolete outlet.
10. Protect the power cord from being walked upon or pinched, particularly at plugs and the point where they exit from the apparatus.
11. Only use attachments / accessories specified by the manufacturer.
12. Unplug the apparatus during lightning storms or when unused for long periods of time.
13. Refer all servicing to qualified service personnel or the manufacturer. Your warranty may be affected if you dismantle the product. Servicing is required when the apparatus has been damaged in any way, such as power-supply cord or plug damage, liquid has been spilled or objects have fallen into the apparatus, the apparatus has been exposed to rain or moisture, the apparatus does not operate normally or has been dropped.

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Sunrise System Dawn Simulator

Introduction

Thank you for purchasing the Sunrise System Dawn Simulator 150. You will now be able to enjoy the health and relaxation benefits of the Sunrise System which is one of the most natural and stress free ways of awakening. Once connected to your bedside lamp the Sunrise System can be set to imperceptibly simulate a sunrise and sunset. The sunrise brightens the room gradually, gently waking the sleeper and the sunset slowly dims the room, helping the user to relax and ease into a restful and natural sleep. With the benefit of an integral digital stereo FM/AM radio, weather band radio (US model only) and MP3 player you can also wake or relax to the sounds of nature or to your favourite music. The SRS 150 has a colour change display and includes a sleep sound SD card.

To enjoy the full benefits of your Sunrise System Dawn Simulator please read this manual carefully, particularly the safety information on page 4. If you do have initial queries, try the troubleshooting information at the end of the guide. The Sunrise System can be set to meet your own individual lifestyle requirements so take the time to look at the full list of features which begin below.

Product Features

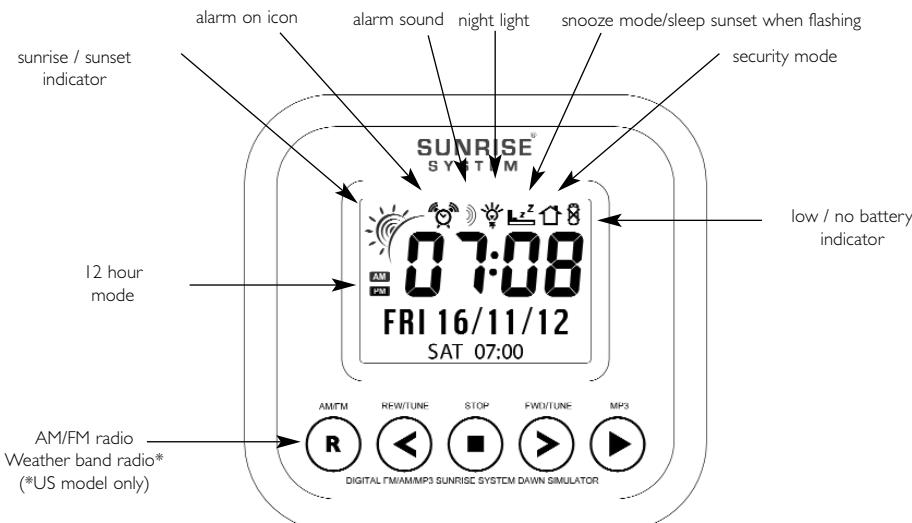
- Sunrise: simulates a sunrise over a period of 15, 30, 45, 60, 75 or 90 minutes. Set to suit your preference.
- Sunset (sleep button): simulates a sunset over a period of 5 - 90 minutes. Set to suit your preference.
- The Sunrise System connects directly to your own bedside lamp. Your bedside lamp then generates the sunrise/sunset feature. The Sunrise System integrates with your own bedroom or home décor.
- Your bedside lamp brightness can also be manually controlled through the Sunrise System, and set to any level, for example - to brighten the lamp for reading.
- All functions of the Sunrise System 150 are indicated on the large backlit multicolour LCD display to clearly show the function being altered.
- A night light feature has also been included and the night light is user adjustable.
- A security feature that randomly turns the lamp full on and off between the times of 7:00pm and 9:00am can be set to operate when you are away from home.
- 12 or 24 hour clock display - you choose.

- The audible alarm can be disabled if you prefer to wake to the sunrise feature without MP3 or radio.
- Power fail battery backup is provided on all functions for power cuts to the home electricity supply or if the Sunrise System is inadvertently disconnected
- Full seven day alarm is provided to allow the user to set different times (if desired) on the alarm for different days of the week. The factory programmed time for all seven days is 07:00am
- Easy to read text display shows time and date, MP3 track, radio frequency
- The day of the week and Leap years are automatically calculated.
- Option to select a language of your choice
- LCD backlight and colour adjustment
- MP3 Player
- Digital FM/AM radio
- Weather band radio (USA model only)

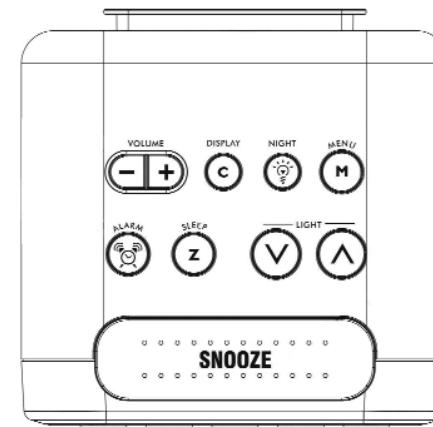
IMPORTANT Safety Instructions

- NEVER immerse the clock or the wiring of the clock in water.
- Do NOT connect anything but a regular home lamp to the Sunrise System 150 (use light bulb up to 200W USA, up to 300W Europe) NOT for use with any other appliance!
- Do NOT attempt to replace the bulb in the lamp connected to the Sunrise System whilst the power supply is connected or plugged in to either the lamp or the clock. The Sunrise System will retain all settings if there is no power supply to the clock and a battery is fitted.
- Use ONLY regular tungsten light/lamp bulbs in the lamp connected to the Sunrise System. Do NOT use power saving bulbs or non standard bulbs in the lamp when connected to the Sunrise System 150. Do NOT use with a lamp that has a built in dimmer.

Sunrise System 150 Front and LCD Display Layout



Sunrise System Clock Top and Set Up Buttons



Connecting the Sunrise System to your lamp

The Sunrise System 150 (SRS 150) is supplied with a specially designed cable in order to connect it to your lamp. One end of the cable has a socket, insert the plug of your bedside lamp into this socket. If your bedside lamp has a switch, ensure it is in the ON position. The other end of the cable is the mains plug for use with the wall socket.

Setting Up and Using the Sunrise System 150

Setting the Language

When the SRS 150 is plugged in for the first time or after a factory reset, the SRS 150 will prompt the user to set the language. The display will show ENGLISH LANGUAGE. Momentarily press the up or down buttons to select the required language then press MENU to go on and set the time and date or press SNOOZE to exit the setup menu. To change the language again after it has been set, a factory reset must be performed. See factory reset instructions on page 9 of this user guide.

Please Note: The SRS 150 will come out of Setup Mode automatically if no button is pressed for 12 seconds or if you press the zzz (SNOOZE) button.

Setting the Time

Press the MENU button until the display shows 12 HOUR CLOCK or 24 HOUR CLOCK the current time will also be shown on the display. Momentarily press the light up or down buttons to set the clock in 1 minute increments or press and hold the up or down buttons to set the clock in 10 minute increments. Press the Display button to change 12 or 24 hour mode.

Setting the Alarm Time

Press the MENU button until the display shows MONDAY ALARM TIME, the alarm time will also be shown on the display. Momentarily press the light up or down buttons to set the time in 1 minute increments or press and hold the up or down buttons to set the clock in 10 minute increments. Repeat this procedure for each day of the week.

Setting the Date

Press the MENU button until the display shows YEAR, the current date will also be shown with the year segment flashing. Momentarily press the up or down buttons to set the year or press and hold the up or down buttons to quickly skip through the year. Repeat this procedure for the month and date, the display will show MONTH and DATE in place of YEAR.

To change the date format from European (DD/MM/YYYY) to American (MM/DD/YYYY) press the DISPLAY button once whilst setting up the Year, Month or Date.

Please Note: The weekday and Leap year are automatically calculated by the SRS 150 therefore there is no need to adjust them manually.

Setting the Sunrise Time

Press the MENU button until the display shows 15 MINUTES SUNRISE for example. The Sunrise duration can be set to 15, 30, 45, 60, 75 or 90 minutes. See Setting a Wake Up Sound instruction later in the user guide if you like to wake up with Sunrise and Sound.

Using the Night Light

Momentarily press the NIGHTLIGHT button to enable the Night Light, the display will show NIGHTLIGHT ON and the Night Light icon will be displayed. To disable the Night Light press the NIGHTLIGHT button momentarily. Press the NIGHTLIGHT button again the display will show NIGHTLIGHT OFF and the Night Light icon will no longer be displayed.

Please Note: When the Night Light is enabled it will not be possible to dim the light below the preset Night Light level.

Setting the Night Light Level

First ensure the Night Light is off (see above). Press the light up or down buttons to brighten or dim the attached lamp at the required light level then press and hold the NIGHTLIGHT button for approximately 2 seconds until the display will show NIGHTLIGHT LEVEL for 2 seconds and the new setting will be stored.

Please Note: If the Night Light is on or the attached lamp is switched off it will not be possible to set the Night Light level.

Using the Reading Light

Press the light up or down buttons to set the attached lamp to the required light level. If the Sunrise has not already begun or the alarm is not activated pressing the SNOOZE button will quickly switch the attached lamp on at full brightness or off if the lamp is already on. When the SNOOZE button is pressed the display will show LAMP ON or LAMP OFF.

Display Backlight Colour and Light Level

Press the DISPLAY button, the display will show BACKLIGHT together with the current backlight intensity setting. To adjust the display backlight intensity press the light up or down buttons within 5 seconds while the display is showing BACKLIGHT.

Press the DISPLAY button again to cycle through the available backlight colours. To enter a colour change mode, (where colour of backlight changes randomly) press and hold the DISPLAY button until the display shows RANDOM BACKLIGHT. To cancel the random backlight mode, press the DISPLAY button again. The display colour and intensity level will return to the setting chosen prior to entering random backlight mode.

Please Note:

The backlight intensity cannot be adjusted whilst the random backlight mode is active.

Media Card

The SRS 150 can accept MMC, MMC+, SD and SDHC as well as RS SD cards using a suitable adaptor. Insert the card into the back of the SRS 150 with contacts facing down, pressing inward with a light pressure until the card clicks into place, the display will show READING CARD this typically takes about 2 seconds but could be as long as 1 minute with some cards. If the display shows CARD ERROR then ensure the card is correctly inserted and the card contacts are clean also ensure the card is formatted correctly and that there are MP3 tracks stored on the card.

Please Note: The card must be formatted as FAT(FAT16) or FAT32 and contain .mp3 files in the root folder "/" directory of the card. MP3 tracks in separate folders / directories will be ignored.

MP3 Player

Press the MP3 button to begin playing MP3 tracks. If the radio was on it will be switched off automatically. If the display shows INSERT CARD refer to the Media Card section of this guide, above. The display will show MP3 PLAYER together with information about the MP3 track if available, for example song title, artist and composer. If no information is available the display will show NO TITLE. Providing the media card has not been removed and the SRS 150 has not been disconnected the MP3 will begin playing from the start of the last played track. To change the current MP3 track being listened to, momentarily press the forward < or > backward buttons to select a previous or next MP3 track or press and hold the < or > buttons to quickly skip by 10 MP3 tracks. The display will show the current track number and the maximum file number for example: 00003 / 00040 would indicate that track (or file) 3 of a possible 40 tracks is selected.

To stop the MP3 playback press the STOP button. The display will show STOPPED for 2 seconds.

AM/FM/WB* Radio

Press the AM/FM button to switch on the radio. The radio will switch on to the last radio band and tuned frequency that was selected. If the MP3 player was playing it will stop automatically. The display will show the selection, 87.50 MHz FM RADIO for example.

Press the rewind/tune < or > forward/tune buttons to change the tuned frequency or press and hold the < or > buttons to begin an autonomous search for a radio station. The search will stop if a station is found or the search frequency loops back to the beginning or the starting point. During the search the display will show SEARCHING.

To change the radio band from FM, AM or WB* (weather band) press the AM/FM button again.

* Note: Weather band is only available on US models.

To switch off the radio press the STOP button, the display will show RADIO OFF for 2 seconds.

Listening Volume

To adjust the volume press the VOLUME - or + buttons, the display will show VOLUME with the current setting. There are 16 sound levels from zero. If zero sound is selected (no bars) the speakers will be muted.

Setting a Wake Up Sound

The wake up sound will begin when the Sunrise starts and gradually increase in volume reaching the maximum user set volume at the alarm time. You can set the Radio or the MP3 Player as your wake up sound or choose not to have a wake up sound.

Setting the radio as a Wake Up Sound

Switch the radio on and tune it to the desired band AM, FM or WB* and frequency. Next set the desired maximum volume. Press and hold the ALARM button until the display shows FM RADIO ALARM SOUND ON, for example. The Wake Up sound selection is now stored. The radio can now be switched off if preferred.

*Note: Weather band is only available on US models.

Setting the MP3 player as a Wake Up Sound

There are three MP3 wake up modes:

1. Continuous play. Plays from last track listed.
2. Repeat track. Plays from a specific track.
3. Repeat daily. Plays from a specific track each day.

To play from a specific track, start the MP3 player and select the required track using the forward < or > rewind buttons. Next set the desired maximum wake up volume. Press and hold the ALARM button, the display will show MP3 PLAYER ALARM SOUND. The MP3 Wake Up sound has 3 different options available from the setup menu, see above. Press MENU until the display shows MP3 ALARM SOUND then press the up or down light buttons to select the way you want the Wake Up sound to play.

No Wake Up Sound

Press Stop then press and hold the Alarm button until the display shows ALARM SOUND OFF.

Alarm Clock

To enable the alarm clock, momentarily press the ALARM button. The display will show ALARM ON together with the alarm day and alarm time. The alarm clock icon will also be displayed to indicate the alarm clock is enabled. The alarm day and time will be displayed while the SRS 150 is in an idle condition, i.e. Not in a set up menu, no radio or MP3 playing.

Please Note: If there is insufficient time to complete a full sunrise the alarm will automatically be set for the following day.

If the alarm has begun to activate or is sounding, momentarily press the ALARM button to cancel the alarm for the day. The alarm clock will automatically be reset for the following day.

To switch the alarm clock off (providing the alarm has not begun to activate) momentarily press the ALARM button (press ALARM twice if the alarm has begun to activate) the display will show ALARM OFF for 2 seconds and the alarm clock icon will no longer be displayed.

If the alarm is on, the alarm day and time will be shown on the display while the radio and MP3 are off, for example MON 07:00am and if a wakeup sound is programmed the sound type will be appended to the alarm time for example MON 07:00am))MP3.

Sleep Timer (Sunset)

The sleep timer period can be set in increments of 5 minutes up to a maximum of 90 minutes. To set the sleep timer, momentarily press the SLEEP button the display will show 05 MINUTES SLEEP TIMER for example. Press and hold the SLEEP button to cancel the sleep timer.

While the sleep timer is active the SNOOZE icon will flash on the display.

If the attached lamp is on at full brightness it will begin fading down over the selected sleep timer period at the end of this period the radio or MP3 player (if on) will switch off.

Backup Battery

The backup battery ensures the time and date remain correct in the event of a power failure or if the SRS 150 is unplugged from the mains supply. If the backup battery is low, the low battery icon will flash on the display and the battery should be replaced.

Please Note: If the battery is not fitted or runs too low the time and date may be lost if the power fails. Other user settings are stored in a non-volatile memory and are retained even if no battery is fitted.

Factory Reset Procedure

To reset the SRS 150 back to factory default settings follow the instructions below:

1. Unplug the SRS 150 from the mains supply.
2. Press and hold the MENU button and plug the SRS 150 back into the mains supply while still holding the MENU button.
3. The display will show VERSION 1.00 for example. Now release the MENU button.
4. After a short delay the SRS 150 will start up with defaults loaded.

Please Note: If a backup battery is fitted the time and date will remain set even after following this reset procedure. The time and date can be reset by following Time and Date Reset Procedure below.

Time and Date Procedure

The time and date can be adjusted from the setup menu at any time. It can also be reset by following the procedure below:

1. Unplug the SRS 150 from the mains supply.
2. Remove the backup battery and wait 10 minutes.
3. Plug the SRS 150 back into the mains supply and refit the backup battery.
4. Set the time and date through the setup menu.

Programming Table

No of Presses of MENU button	Result (First setting is the Default)
1	CLOCK SET
2	MONDAY ALARM TIME
3	TUESDAY ALARM TIME
4	WEDNESDAY ALARM TIME
5	THURSDAY ALARM TIME
6	FRIDAY ALARM TIME
7	SATURDAY ALARM TIME
8	SUNDAY ALARM TIME
9	MP3 ALARM SOUND
10	YEAR
11	MONTH
12	DATE
13	SUNRISE 15, 30, 45, 60, 75, 90
14	SECURITY (ON/OFF)

Troubleshooting Tips

How do I generate a Sunrise?

The Sunrise works in conjunction with the alarm time, first set the alarm time (see page 5), then choose the desired Sunrise duration from the menu (e.g set to 15 min). Activate the alarm by pressing the alarm button (top left). The Sunrise will start 15 minutes before the alarm time and the lamp will be at full brightness after 15 minutes.

How do I generate a Sunset?

Press the light UP button until the lamp is set to the desired brightness level or press the zzZ SNOOZE button to turn lamp full on. To activate the Sunset just press the sleep button. The lamp will slowly dim and switch off. The sunset time can be set between 5 - 90 minutes. If the radio or MP3 is playing either will switch off after the sunset period.

How do I switch my lamp off after a sunrise?

Press the ALARM button to switch the alarm off, then press the zzZ SNOOZE button to turn the lamp off.

Can the unit be reset to the factory default settings?

Yes. See page 9.

Can I use any light bulb in the lamp attached to my SRS 150?

No, you must use a regular tungsten or tungsten halogen light bulb to the recommended wattage for your lamp. The Sunrise System will not work properly if an energy saver or fluorescent bulb is used. Do not use with a 'dimming' lamp.

Sunrise System Support

You can contact the Sunrise System team and find out more about the benefits of using the Sunrise System dawn simulator by visiting our website: www.morningsunrise.com

You will also find a Q&A section on our website.

Warranty

Gullwing Ltd. warrants to the end user that this product will be free from defects in materials and workmanship in the course of normal use for a period of one year from the date of purchase. Gullwing Ltd. does not accept liability for improper or unintended use of the product. Should you have a problem with your unit, please get in touch with your supplier or contact Gullwing Ltd. via our website or by writing to us.

Default Settings and Ranges

Time and date:	EU/UK Models US Model	12:00 01/01/12 (1st January 2012) 12:00 pm 01/01/12 (January 1st 2012)
Display colour:	White	
Display level:	50%	
Volume:	50%	
FM:		87.5 ~ 108.0 MHz
WB:	US model only	162.400 ~ 162.550 MHz
AM:	EU/UK Models US Model	522 ~ 1710 kHz (9 kHz step) 520 ~ 1710 kHz (10 kHz step)
Night Level:	20% approximately	
Night Light:	Off	
Security:	Off	
Alarm Clock:	Off	
Alarm Time:	EU/UK Models US Model	07:00 (Monday - Sunday) 07:00am (Monday - Sunday)



Sunrise System Compliance (USA models)

RoHS and WEEE compliant.

Technical Specifications

General: For use in USA (European model also available)

Dimensions: 5" (width) x 5" (height) x 5" (depth)

Power supply: 110V-120V AC, 60Hz

Connecting bedside lamp: Tungsten bulb only - up to 200W 110V-120V

Sunrise System Compliance (European models)

RoHS and WEEE compliant.

This equipment complies with the requirements of the EMC Directive 2004/108/EC.

In demonstration of conformance with the Essential Requirements for Safety and Electro-magnetic Compatibility covered by the above directive, the product meets the following standards:

Safety EN 60335-2 - 26: 2002/A1:2008

Electro Magnetic EN 61000-6-1:2007

Compatibility EN 61000-6-3 :2007

Technical Specifications

General: For use in Europe. (USA model also available).

Dimensions: 130mm (width) x 110mm (height) x 70mm (depth)

Power supply: 230V AC, 50Hz

Connecting bedside lamp: Tungsten bulb only - up to 300W 230V

CE marked. Complied with EMC (2007/C 225/01) and Low Voltage Directives (2008/C 28/01)

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